

Are You the Family Caregiver of a Veteran or a Veteran caregiver? Who takes care of you?



VA's Caregiver Support Program is offering:

- 3-hour class on Taking Care of Yourself
- open to ALL Caregivers of Veterans receiving VA care
- open to Veterans who are caregivers

LUNCH
will be
provided

**SIGN UP
by Sept 23**

To Sign Up
Contact

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Taking Care of Yourself

Usually the last person a Caregiver cares for is herself/himself. Lack of exercise, sleep deprivation and unhealthy eating can cause you to become physically and emotionally spent. This course introduces options for a healthier lifestyle and preventing illness by teaching the Caregiver to take care of himself/herself through rest, nutrition, exercise and finding time for individual reflection.

Thursday, October 2, 2014

1:00 p.m. – 4:00 p.m.

Brockton VA

Learn about valuable resources | Connect with other Caregivers | Refreshments served | Convenient location with free parking

THANK YOU for being a Caregiver!

